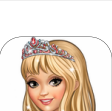


Period Tracking Apps

Period tracking apps digitally monitor cycles, predict periods and fertility windows, and offer data export options for health tracking.

Disclaimer: Since the Supreme Court overturned Roe v. Wade, concerns have grown that period tracking app data could be used against those seeking abortion. If you have concerns about your health data being collected, opt for a physical tracking tool. See the next page for examples.





	Clue	Clue is the top women-led period and cycle tracker, helping you understand your body and hormones- it empowers confident, informed health decisions. <i>*This app is gender neutral!</i>
	Flo	Track your period and set cycle reminders to anticipate symptoms. Predict fertile days and learn how to prepare for natural pregnancy.
	Ovia Fertility	At Ovia Health, we support women through every stage of their health—from periods to menopause. Our personalized tools and insights enable informed decisions and access to care whenever needed.
	Stardust	Stardust is a free app that tracks your period, pregnancy, and hormones while teaching you to work with your cycle phases. <i>*This app is gender neutral!</i>
	Teen Period Tracker	MagicGirl Teen Period Tracker is a user-friendly, accurate tracker for teens. It offers reliable cycle insights, guided support for teens through videos, FAQs, and chat. <i>*This app is accessible to younger users!</i>
	MyFlo	Designed to support hormonal health from your first period to menopause, it helps you sync your life with your cycle and manage symptoms naturally.
	Cycles	No more surprises or worries about your reproductive health. Cycles, the first app with partner connect, maximizes period tracking with a clean, simple interface for effortless cycle management. <i>*Not on Google Play Store</i>
	Glow	Introducing Glow, your AI-powered ovulation calculator, period tracker, and fertility calendar. Glow helps women worldwide track fertility with precision.
	Apple Health	Apple Health's Cycle Tracking logs menstrual flow, symptoms, and spotting, predicts periods and fertile windows, and monitors pregnancy or contraception. Users can set notifications for upcoming periods. <i>*Only for Apple Users</i>
	Google Fit	Google Fit provides basic, manual cycle tracking, allowing you to log periods within its journal for a consolidated health view. <i>*Only for Google/Android Users</i>



My yearly period tracker

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
JANUARY																																	
FEBRUARY																																	
MARCH																																	
APRIL																																	
MAY																																	
JUNE																																	
JULY																																	
AUGUST																																	
SEPTEMBER																																	
OCTOBER																																	
NOVEMBER																																	
DECEMBER																																	

Blood flow key

- Spotting  Medium 
- Light  Heavy 

Example

DAY	6	7	8	9	10	11	12	13	14	15	16	17
Spotting												
Light												

